## WORKPLACE WELL WELL NESS YOUR WELL NESS COLLECTIVE

We create bespoke corporate wellness experiences that embody true wellbeing in the workplace for our clients and their employees.

Our experiences empower employees with practical nutrition and lifestyle advice that they can incorporate into their busy lifestyles. Our Personalised Supplement Plans provide them with the opportunity to truly bolster their health by receiving a supplement plan that's tailored to their individual needs and health goals, so they can show up feeling their best everyday.

The perfect complement to any corporate wellness programme!



## Option 1 (most popular)

Nutrition workshop, complemented by a Personalised Supplement Plan for each employee.

## Option 2

Full morning/half-day wellness experience including yoga, meditation, nutrition workshop and personalised supplement plan.

## Option 3

Bespoke wellness experience tailored to your Company.

Phone Jennie: 087 2190 440

Email: jennie@yourwellnesscollective.ie Website: www.yourwellnesscollective.ie



Your Wellness Collective is a health & lifestyle brand specialising in personalised supplements, created by a team of Registered Nutritionists.

We're passionate about community building in the wellness space and collaborate with organisations to bring engaging and enjoyable health & wellness focused experiences to their employees.

Lisa & Jennie

